

ABSTRACT OF THE DISCLOSURE

An optical disk of the present invention includes a substrate and a recording layer disposed above the substrate, and reproduces an information signal by a DWDD system, using light incident from the substrate side. The optical disk further includes a first dielectric layer disposed between the substrate and the recording layer and a second dielectric layer disposed on the recording layer opposite to the substrate, wherein the recording layer is initialized with light having a wavelength λ incident from the second dielectric layer side, and the thickness of the second dielectric layer is in a range of $\lambda/(12 \times n)$ to $\lambda/(2 \times n)$ (where n is a refractive index of the second dielectric layer).

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